

Distance keeps you safe, but it may make you lonely.
And, it's normal to feel stressed, anxious, and sad right now.
You don't have to go through it alone.
If you just need to talk, please reach out to one of these amazing services:

CALL

The Chester County Warm Line

1-866-846-2722

PA COVID-19 Statewide Support & Referral Line

1-855-284-2494

TEXT

PA National Crisis Text Line

741-741

VISIT

www.chesco.org/mhidd

Here are also some friendly tips to help you feel connected while social distancing.

- Make a phone call to a family member or friend.
- Signup for ZOOM and host a virtual get-together: <https://www.zoom.us/>.
 - Create and follow a daily routine.
- Signup for a social media account to catchup with loved ones and news: Facebook, Twitter, Instagram, or Tumblr.
- Try to eat healthy and exercise. Long walks in nature can do the mind and body good.

Stay well, and remember...

